

## **Preface**

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The seed of Longevity can be sowed, germinated, and then grow and propagate must give the credit to the founder of Longevity Teacher Lin Zi-zhen and Wei Yu-Feng. Based on the principle of having compassion and helping others unselfishly, they started the first Longevity class in February of 1995 in Da-Guang elementary school, Banqiao, Taipei County. Ever since then, they teach a methodology to adjust energy flow throughout the body to improve the body's ability to heal itself.

At the very beginning, there were more than 3 thousands of students in each term learning Longevity. In the fifth term of Longevity class, more than 5 thousand students attended the class and more than 80 master teachers were called upon to open chakra for the students. Such grand occasion was unprecedented. Until the end of 2008, beginning and intermediate class has been held for 77 times, and advanced class has been held for 21 times. During these 14 years, there are more than a millions students who have attended these classes. This is definitely a great accomplishment.

Unfortunately, the society has never published any books. There isn't any reference for students to clarify their doubts. Thanks to teacher Wei Yu-feng's initiative and coordination, and called up several enthusiastic and professional volunteers including CS Xiong, TL Chen, CF Huang, FL Hsieh, CC Xiao, MH Tsai, ME Tsai, HS Chuang, SC Chen, YM Chen, LC Chang, and YD Kao. After three months of hard work, the book was finished and planed to be published in 2009. The objective is to provide a solid reference for all Longevity students to study and enrich their knowledge in this area, they can in turn improve their health, spirit, and soul, and create a good karma and pass the unselfish love to create a better life.

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